

NATIONAL MEDICAL ASSOCIATION RECOMMENDS AFRICAN AMERICANS INCREASE DAILY DAIRY CONSUMPTION

According to the National Medical Association's (NMA) new Consensus Report, **African Americans should get 3-4 servings of dairy foods a day to reduce the risk of calcium-related chronic diseases for which they are at the greatest risk.** Research suggests dairy foods provide a unique combination of nutrients, including calcium, that improve the overall nutritional quality of the diet and offer significant health benefits. Key recommendations include:



- **3-4 servings of dairy foods daily, as part of a healthy diet, may reduce the risk of conditions and diseases that disproportionately affect African Americans**, including high blood pressure, stroke, colon cancer, and obesity.
- **African Americans need to increase their daily dairy food consumption.** Many African Americans fall short of the recommended 3-4 servings of dairy foods. In fact, only about half (fifty-five percent) of African Americans eat one or more servings of dairy foods a day. Of particular concern, 83 percent of African American children, ages 2-17 are not getting enough calcium¹ - a deficiency that can lead to serious future health problems.
- **Lactose Intolerance Doesn't Mean Dairy Intolerance.** By following the DAIRY tip, most people can comfortably enjoy the taste and health benefits of dairy foods:
 - Drink lactose-free milk, such as LACTAID® Milk, which offers all the nutrients of regular milk, but is easier to digest and tastes great.
 - Aged cheeses like Cheddar and Swiss are naturally low in lactose.
 - Introduce milk and other dairy foods into your diet slowly. Start with small portions with meals or snacks and gradually work up to three servings a day.
 - Remember LACTAID® Dietary Supplements with your first bite of dairy to help break down lactose so you can enjoy milk and other dairy foods.
 - Yogurt is good. Cultured dairy foods like yogurt contain friendly bacteria that help digest lactose.

Other new research reviewed by the NMA Consensus Committee found that adults on a reduced-calorie diet who consumed **three servings of milk, cheese or yogurt each day lost significantly more weight and body fat** than those who just cut calories while consuming little or no dairy.²

Tips for Adding Dairy to Your Diet

1. Start the morning with yogurt or cereal and milk with fruit
2. Toss some cheese on your salad or add cheese to your sandwich at lunch
3. Use low fat or fat free milk when preparing oatmeal, soups or hot cocoa

About the National Medical Association (NMA)

NMA is the nation's oldest and largest organization of African-American physicians and represents the interest of more than 25,000 physicians. The NMA promotes the collective interests of physicians of African descent and is a leading force for parity in medicine, elimination of health disparities and promotion of optimal health. To download a copy of the NMA Consensus Report, please visit www.nmanet.org/DecSupp.pdf. A free African-American Health Education kit is also available for download at: www.nationaldairycouncil.org.

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¹ NPD Group Diet Intake Estimation Tool (DIET) database

² Zemel, MB. Role of dietary calcium and dairy products in modulating adiposity. *Lipids*. 2003; 38(2): 139-146.